

Patient Diabetes Management Schedule

At every visit:

- Get your weight and blood pressure checked.
- Get your blood sugar checked (fasting or 2 hours after eating).
- Get a foot exam — every 3-4 months is ok if not having problems (including a check of circulation and nerve function).
- Discuss your self-monitoring blood glucose record with your health care team.
- Review all of your medications.
- Talk with your health care team about:
 - How well you can tell when you have a low blood sugar.
 - How you are treating any high blood sugars.
 - A physical activity plan individualized for you.
 - How to choose healthier foods.
 - Tobacco use.
 - Your feelings about having diabetes.
 - Your plans for pregnancy (if a woman).
 - Any other questions or concerns you or your family may have.

Twice a year:

- Get a Hemoglobin A1c if you are meeting your treatment goals (or every 3 to 4 months if your blood sugars are not under good control).

Annually:

- Get your blood fats checked (Child - every 5 years if normal) for:
 - Total cholesterol
 - High-density lipoprotein (HDL)
 - Low-density lipoprotein (LDL)
 - Triglycerides
- Get a kidney test:
 - Have your urine tested for protein and microalbumin (Child - every year after 5 years of being diagnosed).
 - Have your blood creatinine measured (Child - every year 5 years into puberty).
- Get a dilated eye exam.
- Get a dental exam (some may need to go to the dentist twice or more each year).
- Get your thyroid function checked.
- Ask if you need to have an EKG (especially if you're having heart and blood circulation problems).
- Get a flu shot (in the fall of each year).
- Get a pneumonia shot (if you've never had one).
- Continue to talk with your health care team about any questions or concerns you or your family may have.